

**SYSTEM FOR HEALTH  
OFFICE OF THE ARMY SURGEON GENERAL**

**SLEEP**

**1. Get a quality 7-8 hours every 24 hours!**

- a. Sleep supports your productivity and mood!
- b. Sleep provides you with more stamina and energy
- c. Sleep supports your best mental and physical abilities
- d. Sleep supports efficient functioning of the brain
- e. Sleep provides for a more effective recovery after a strenuous workout
- f. You are more likely to eat healthy throughout the day especially related to choosing caffeine and sugar-related products and food

**2. Make sleep a priority – Sleep is critical to successful operations, optimized performance and overall health and well-being**

- a. Set time limits and go to bed at a reasonable time and at the same time each day – try to wake up at the same time every day too
- b. Best practice is to remove all electronics from your sleeping space. If you choose not to, turn off electronics before you turn in and focus on relaxation, breathing and healthy sleep
- c. It's best that right before you go to sleep try to avoid stressors or thinking about things to do the next day
- c. Don't use caffeine 6 hours before bedtime
- d. Use earplugs and sleeping masks to block out noise/light – in tactical environments make sure you can use these
- e. Go to the bathroom just before lights so your sleep won't be interrupted
- f. Wind-down 30-60 minutes before lights out, turn your electronics off – try reading or listening to relaxing music instead

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**ACTIVITY**

**1. Be Active for Good Health**

- a. Move more and sit less! Try and take at least 10,000 steps a day
- b. Set a goal to exercise and move daily exercise and have that time add up to at least 150 minutes a week – anything is better than nothing
- c. By moving more you increase blood flow, burn calories and help maintain a healthy weight
- d. Aim to move at least 10 minutes of every hour, especially if your job requires you to sit for long periods of time
- e. Prolonged sitting increases the risks of blood clots, diabetes, heart disease, cancer and obesity

**2. Train Smart and Avoid Injuries**

- a. Prepare to perform – optimize your performance with dynamic warm-ups  
(add link here?)
- b. Gradually increase the intensity and duration of any new workout
- c. Incorporate resistance training into your workouts  
(add link here?)
- d. Wear a mouth guard for high risk activities like “combatives” and contact sports
- e. Practice safe running - replace your shoes when they become worn out – follow the PRT guidelines (add link here?)
- f. Don't delay asking for help - if you experience an injury, see you medical provider right away

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**NUTRITION**

**1. Develop a daily nutrition plan**

- a. Eat at least 8 fruits/vegetables daily – this supports muscle growth, recovery, tissue-repair, immune function and improve mental and physical performance
- b. Stay hydrated by drinking at least 8 cups of water a day even if you aren't thirsty – remember to increase your fluid intake while in extreme environments
- c. Re-fuel your body before, during and after workouts and every 4-5 waking - avoid skipping meals
- d. Poor nutrition in extreme conditions can lead to feeling extremely tired; increase your risk for injury, illness and dehydration
- e. Be smart about dietary supplements and energy drinks/supplements - dietary supplements are not tested or approved by the FDA prior to coming available for people to purchase
- f. Supplements are often unnecessary, dangerous and expensive – be aware of energy products containing stimulants, as too many stimulants can lead to a decrease in performance from dehydration, anxiety, shakiness, and headaches
- g. Snack on carbohydrate and energy-rich foods such as dried fruits, nuts and trail mix
- h. When in a Dining Facility look for the “Go for Green” options and choose mostly “green” or “yellow” foods – they are the healthiest!

**2. Eating for Performance will:**

- a. When you eat to perform it allows you to train at your top level, and enhances your focus
- b. Good food fuels your body in a way that increases your energy, endurance, focus motivation and confidence
- c. Eating well shortens your recovery time between activities
- d. Eating well helps you to look and feel your best!